

Grilled Halibut with Tomato-Avocado Salsa

The halibut can marinate up to 2 hours ahead of time in the lively marinade spiked with citrus, cumin and cayenne.

Ingredients:

Fish

- 1 1/2lb halibut, tuna or swordfish steaks, 3/4 to 1 inch thick

Marinade

- 2 tablespoons lemon or lime juice
- 1 tablespoon canola or soybean oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground red pepper (cayenne)
- 1 clove garlic, finely chopped
- 3 medium tomatoes, chopped (2 1/4 cups)
- 1/2 medium avocado, pitted, peeled and coarsely chopped
- 1 small jalapeño chile, seeded, finely chopped
- 1/4 cup chopped fresh cilantro
- 2 teaspoons lemon or lime juice



Directions:

1. If fish steaks are large, cut into 6 serving pieces. In shallow glass or plastic dish, mix all marinade ingredients. Add fish; turn to coat with marinade. Cover; refrigerate at least 30 minutes but no longer than 2 hours.
2. Heat gas or charcoal grill. Remove fish from marinade; reserve marinade. Place fish on grill rack. Cover grill; cook over medium heat 10 to 15 minutes, brushing 2 or 3 times with marinade and turning once, until fish flakes easily with fork. Discard any remaining marinade. Meanwhile, in medium glass or plastic bowl, mix all salsa ingredients. Serve fish with salsa.

Nutritional Information per Serving:

Calories 160, (Calories from Fat 50);

Total Fat 5g (Saturated Fat 1g, Trans Fat 0g);

Cholesterol 60mg;

Sodium 250mg;

Total Carbohydrate 5g (Dietary Fiber 2g, Sugars 2g);

Protein 22g;

Exchanges: 1/2 Other Carbohydrate; 0 Vegetable; 3 Very Lean Meat; 1/2 Fat Carbohydrate

Choices: 1/2

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